## Regeneration of ? -2 Absorption Cartridge in ???

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10-06:40		Personal hygiene (post-sleep)
06:40-07:30	FE-1, FE-2	BREAKFAST
06:40-07:00	CDR	LIGHT BREAKFAST
07:00–07:15		Regeneration of ? 1 absorption cartridge in ??? (end)
07:30-07:50		Work prep
07:50-08:05		Daily planning conference (S-band)
08:05–08:55	CDR, FE-2 assist	Cardiovascular evaluation during graded exercise on veloergometer
08:55–09:35	CDR	BREAKFAST
08:55–09:05	FE-1	BSTC: prep for historical photo 1
08:55–09:05	FE-2	Inspection of ????-1 separator
09:05–09:35	FE-2	Maintenance of RED
09:05–09:50	FE-1	Biotechnology Specimen Temperature Controller (BSTC): refrigeration of biological specimens
09:35–09:50	FE-2	Periodical inspection of Resistant Exercise Device (RED)
09:40-09:50	CDR	Replacement of ?? 2 scrubber filters
09:50–10:05	CDIC	Regeneration of ? 2 absorption cartridge in ??? (start)
09.50-10.05	FE-2	BSTC: historical photo
09:50–10:50	FE-1	BSTC: specimen analysis
10:05–11:05	FE-2, CDR	PROFILAKTIKA: prep for medical tests / conference with ground expert (S-band)
10:50–11:20	FE-1	BSTC: fixation of cell culture with EM fixative
11:05–12:35	FE-2	Physical exercise (RED)
11:20–11:30	FE-1	BSTC: growth media replacement (part A)
11:25–11:40	CDR	Private medical conference (VHF)
11:40–12:40	FE-1	Physical exercise (TVIS)
11:40-12:40	CDR	Physical exercise (cycle-1)
12:40–13:40		LUNCH
13:40–13:55	FE-2	Food questionnaire
13:40–14:35	FE-1	BSTC: growth media replacement (part B)
13:55–14:15	FE-2	TEPC/IVCDPS: installation of safety flag
14:00–14:30	CDR	Leak check of air conditioner ???1
14:30–16:30	CDK	Unpacking of UF-1 items
14:35–15:55	FE-1	BSTC: fixation of cell culture
15:25–16:25	FE-2	Physical exercise (TVIS)
15:55–16:00	FE-1	BSTC: purge
16:20–17:50		Physical exercise (RED)
16:30–16:55	FE-2	Payload status check
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16:50–18:20	CDR	Physical exercise (TVIS+IRED day 1)

17:35–18:05		Delta file prep
17:50–18:05	FE-1	Food questionnaire
18:20-18:35		Daily planning conference (S-band)
19:00–19:15		Christmas greetings (USOS assets)
19:30–20:00		DINNER
20:00–20:30	-	Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30-06:00		SLEEP
22:00–22:15	FE-1	Private family conference (USOS assets)

NOTE: See OSTP for references to US activities

End of radiogram